

# Heart *Healthy* Tips

## FROM FOOD TO FITNESS

After you take care of their heart on Valentine's Day  
it's time to focus on your own!

### Fitness

Even a **3% weight loss** in those that are overweight is enough to lower triglycerides & other risk factors

#### Move at least 30 minutes a day!

Alternating between cardio & strength training will help you lose weight, feel great, and be heart healthy!

### Lifestyle

#### Sleep Tight

Get 7-8 hours of sleep per night. Getting 1 more hour can reduce risk!

#### Let's Talk about Sex

Men who have sex at least twice a week are **45% less likely** to have heart disease\*

#### Stop Smoking!

### Food

#### Eat More

Fruits, Veggies, Whole Grains, Legumes, & Foods Rich in Omega-3 Fatty Acids!

**1oz. of dark chocolate a day keeps the doctor away!**

#### Eat Less

Sugar, Processed Foods, Red Meat, Calorie-Dense Foods, & Foods High in Saturated and Trans Fat



### Did You Know?



Heart disease is the **#1 cause of death** in both men and women in the United States

# The Truth About Alcohol & Heart Health

You've probably heard that alcohol can lower your risk of heart disease, but before we head to happy hour let's get to know the facts:

**No more than 1 drink a day for women**  
**No more than 2 drinks a day for men**

**1 drink =**



**12 ounces of regular beer**



**5 ounces of wine**



**1.5 ounces of distilled spirits**

\*According to a study by The New England Research Institute



## A Heart Healthy Recipe

### Berry Spinach Smoothie

Shane Diet & Fitness Resorts

- 2 bananas
- 2 cups of crushed ice
- 1 cup blueberries
- 1 cup strawberries, chopped
- 2 cups spinach, packed
- 1/2 cup plain soymilk

**Combine, Blend, Enjoy!**  
**115 calories**

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